Assignment 1

Use Case on Whoop

URL: https://www.whoop.com/us/en/

Features of Whoop That I Liked:

- **Detailed Analytics:** Provides comprehensive insights into metrics such as recovery, strain, and sleep, helping users understand their health better.
- **Community Engagement:** Users can join teams, share progress, and compete, fostering motivation and accountability.
- **Seamless Device Integration:** Syncs effortlessly between wearable and app for real-time data updates.
- **Minimalist Interface:** The app is clean and easy to navigate, ensuring an intuitive user experience.
- **Actionable Recommendations:** Offers personalized advice based on user data to improve performance and recovery.

Improvement Suggestions:

- **Offline Mode:** Introduce offline access to recent metrics for situations without connectivity.
- **Transparent Pricing:** Display subscription tiers and benefits for easier understanding.
- **Interactive Tutorials:** Add onboarding sessions to guide new users.
- **Expanded Metrics:** Include tracking for hydration and nutrition for a holistic approach.
- **Enhanced Data Export:** Allow users to export data in formats like CSV or PDF for advanced analysis.
- **Personalized Training Plans:** Offer customized training programs based on user goals and fitness levels.

Heavy-Weight Use Cases

1. **Interactive Tutorials for New Users**
   Actor: User
   Use Case: Enhancing the onboarding experience.

   Basic Flow:
   - New users sign up for Whoop by entering their personal information.
   - After login, a welcome screen introduces the app's primary features.
   - The system prompts users to begin an interactive tutorial or skip it for later.
   - Users select a tutorial, such as:
     - Understanding recovery metrics.
     - Exploring strain and sleep metrics.
     - Navigating team-based features.
   - Each section highlights key benefits and how to interpret metrics through visuals and interactive steps.

- Users complete quizzes or mini-tasks to reinforce understanding (e.g., “Try analyzing your first recovery metric”).
- Tutorials are stored in a "Help Center" for future access.

Alternate Flow:

- If users skip the tutorial, they receive periodic reminders to explore it.

Postconditions: Users feel confident using the app and understanding its value propositions.

2. **Offline Mode for Basic Insights**
   Actor: User
   Use Case: Accessing insights without internet connectivity.

   Basic Flow:
   - User opens the app in offline mode.
   - The app shows a pop-up notification: “Limited data available offline.”
   - Cached data for recovery, strain, and sleep metrics from the last sync is displayed.
   - Users can navigate through these sections:
     - Daily Metrics: View cached metrics for each day.
     - Summary Dashboard: Weekly trends are summarized graphically.
   - Notifications about pending actions (e.g., "Sync needed to refresh insights") appear prominently.
   - Upon regaining internet connectivity, users receive a sync confirmation message, updating data.

   Alternate Flow:
   - If users attempt to access features unavailable offline, the app redirects them to a message explaining the limitation.

   Postconditions: Users can still review their recent performance, minimizing disruption.

Medium-Weight Use Cases

3. **Data Export for Advanced Analysis**
   Actor: User
   Use Case: Exporting health metrics in various formats.

   Basic Flow:
   - User navigates to the "Settings" section in the app.
   - Selects "Export Data" under the account options.
   - App provides customization options:
     - File format (CSV, PDF, JSON).
     - Data range (e.g., last 7 days, 1 month, custom dates).
     - Specific metrics (e.g., strain, recovery, sleep).
   - User confirms the selections and taps "Export."

- The app processes the request and generates the file.
- A download link is provided in the app, and the file is emailed to the user's registered email ID.
- Export progress and estimated completion time are displayed for larger datasets.

Alternate Flow:

- If the file generation fails due to connectivity issues, the user receives an error message with retry options.

Postconditions: Users can analyze their data in external tools for personalized insights.

4. **Personalized Notifications**
   Actor: User
   Use Case: Receiving alerts based on health trends.

   Basic Flow:
   - User enables notifications in the app settings and specifies preferences (e.g., daily, weekly).
   - The app continuously monitors user metrics, such as:
     - Consecutive days of high strain.
     - Weekly sleep deficits.
     - Overtraining risks based on recovery trends.
   - When a trend is detected, a notification is triggered:
     - Example: "Recovery has been below average for 3 days. Consider taking a rest day."
   - The notification includes actionable recommendations, such as:
     - Suggesting hydration levels based on strain.
     - Providing a bedtime reminder to improve sleep.
   - Users can tap the notification to view detailed suggestions in the app.

   Alternate Flow:
   - If notifications are disabled, the app displays these insights on the dashboard instead.

   Postconditions: Users are proactively informed about potential risks or optimizations for better performance.

5. **Custom Training Plans Based on Metrics**
   Actor: User
   Use Case: Providing personalized fitness plans.

   Basic Flow:
   - User inputs fitness goals (e.g., weight loss, endurance, strength).

- The system analyzes historical metrics like strain, recovery, and sleep.
- A personalized training plan is generated and synced with the wearable.
- User receives daily updates and progress tracking.

Postconditions: Users achieve their fitness goals effectively.

Light-Weight Use Cases

6. **Simplified Subscription Comparison**
   Actor: User
   Use Case: Comparing subscription plans transparently.

   Basic Flow:
   - User navigates to the subscription page.
   - App displays a comparative chart of subscription tiers, highlighting features and costs.
   - User selects the most suitable option.

   Postconditions: Users can make informed choices about subscriptions.

7. **Enhanced Social Features**
   Actor: User
   Use Case: Interacting with teammates through the app.

   Basic Flow:
   - User visits the "Teams" section.
   - Selects a teammate and taps "Send Cheer."
   - The teammate receives a notification: "John cheered you on your progress!"

   Postconditions: Promotes team engagement and motivation.

8. **Advanced Recovery Suggestions**
   Actor: User
   Use Case: Receiving recovery guidance based on user habits.

   Basic Flow:
   - App identifies suboptimal recovery metrics (e.g., poor sleep).
   - User receives a suggestion: "Sleep quality has dropped. Try avoiding screen time an hour before bed."
   - User can accept the advice and track improvements.

   Postconditions: Users adopt better habits for recovery.

9. **Goal Achievement Badges**
   Actor: User
   Use Case: Encouraging users through rewards.

   Basic Flow:
   - User completes a fitness milestone (e.g., 7 days of optimal strain management).
   - App awards a badge with a congratulatory message.
   - Badge is added to the user’s profile and shared with teammates.

Postconditions: Encourages users to stay consistent and motivated.

10. **Sleep Pattern Analysis**
    Actor: User
    Use Case: Offering detailed insights into sleep behavior.
    Basic Flow:

    - User reviews sleep metrics for the past week.
    - App highlights trends (e.g., "You consistently sleep better on weekends").
    - User receives recommendations to improve weekday sleep quality.

    Postconditions: Users gain better control over their sleep habits.